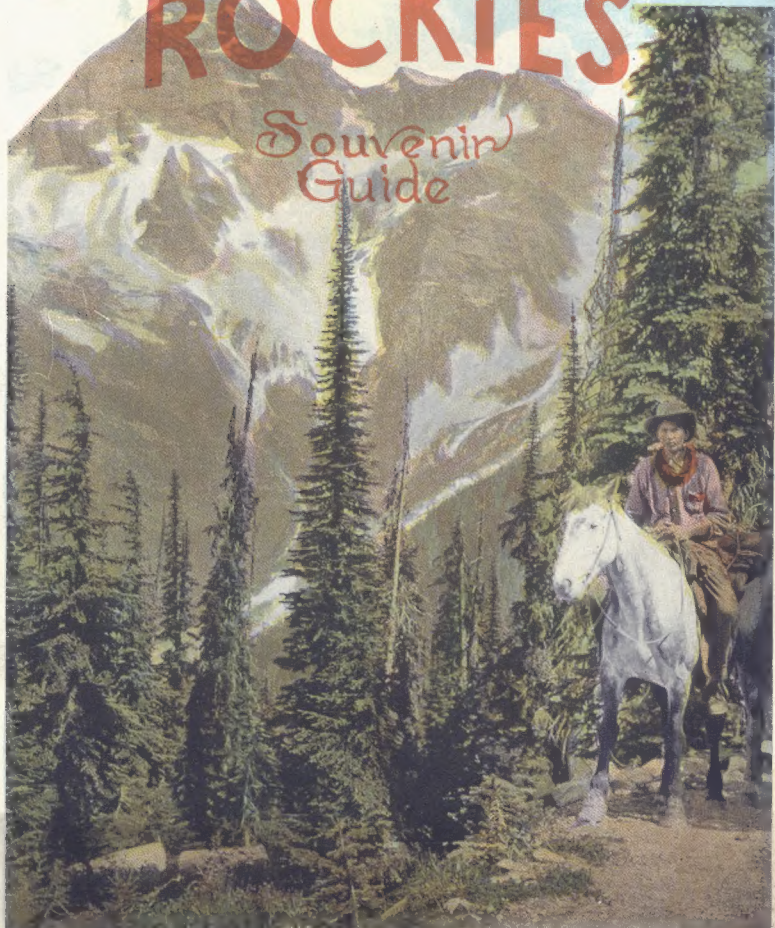
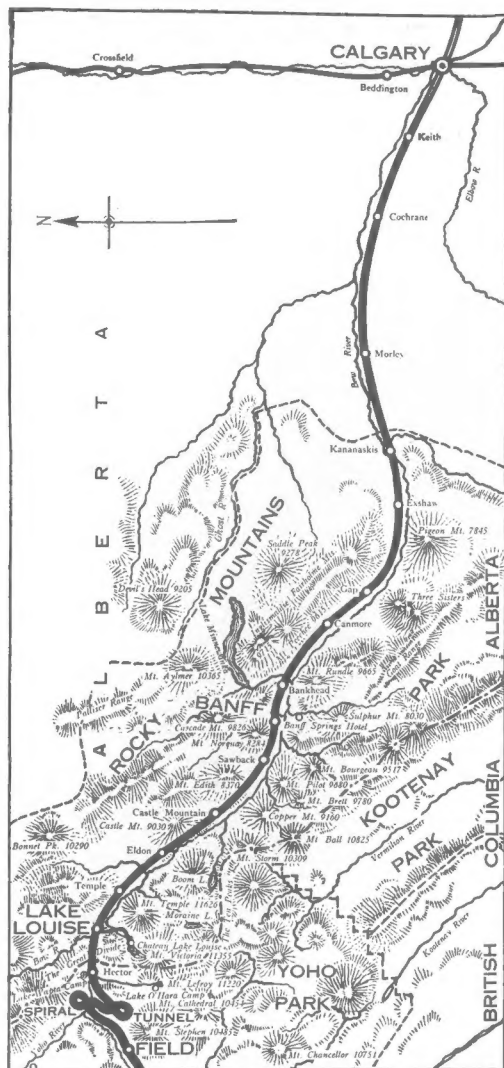


CANADIAN ROCKIES

*Souvenir
Guide*

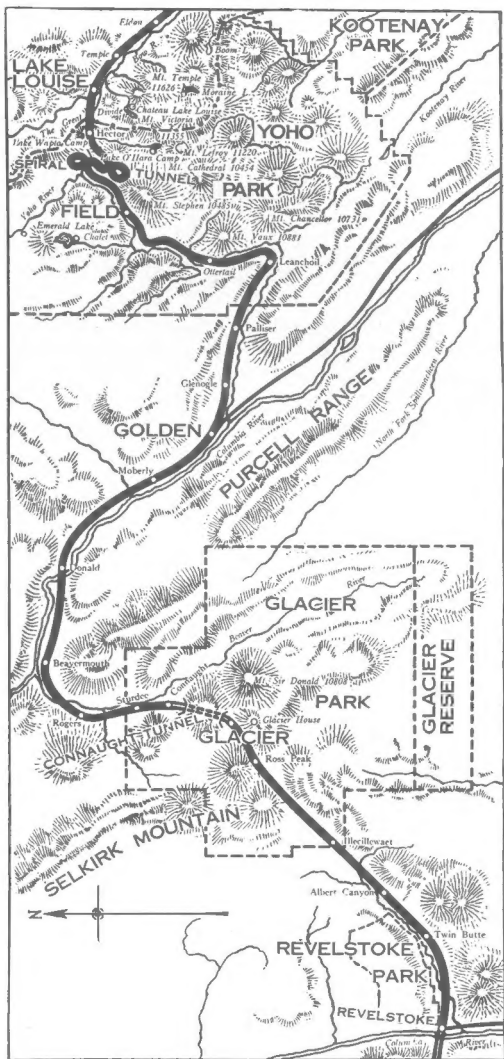


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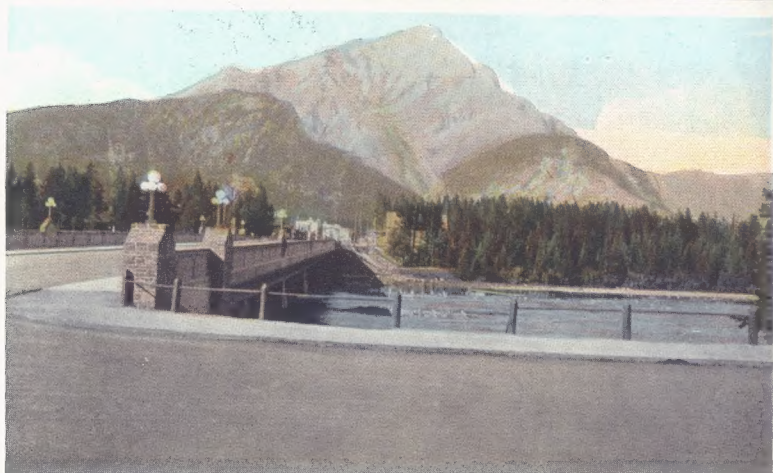


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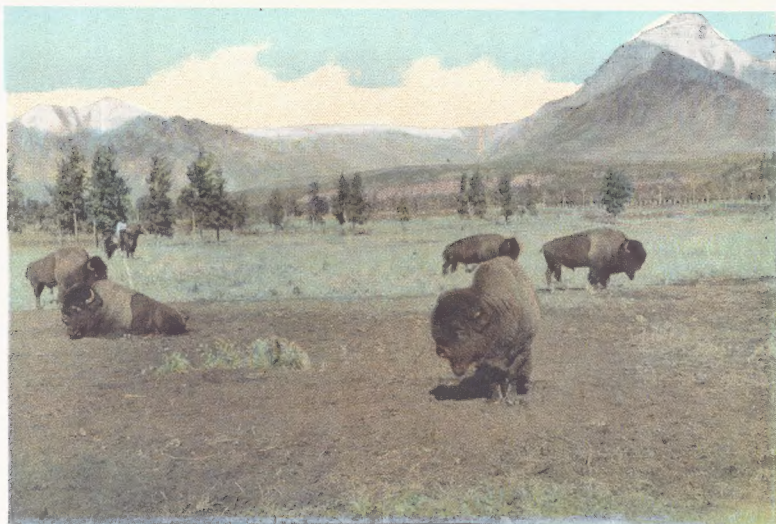
MAP OF C.P.R., CALGARY TO FIELD



MAP OF C.P.R. IN ROCKIES SHOWING NATIONAL PARKS



YOHO VALLEY IN YOHO PARK
CASCADE MOUNTAIN, BANFF



BUFFALO IN WAINWRIGHT PARK
CHATEAU LAKE LOUISE

BANFF AND ROCKY MOUNTAIN PARK

Banff is the administrative headquarters of Rocky Mountain Park, a national park with an area of 2751 square miles. It is 81 miles west of Calgary in the beautiful valley of the Bow River. From the Canadian Pacific Railway station Cascade mountain (9826 ft.) is seen to the north. To the east are Mount Inglis Maldie (9,715 ft.) the Fairholme sub-range (9300 ft) and Mount Peechie (9,615 ft.). On the west are the wooded ridge of Stoney Squaw (6,160 ft.), Sulphur Mountain (8,030 ft.) and the main range above Simpson's Pass. To the south-east is Tunnel Mountain (5,040 ft.) and the serrated spine of Mount Rundle (9,665 ft.).

Banff Springs Hotel—Banff is one of the most popular mountain resorts on the continent and the Banff Springs Hotel is the finest mountain hotel. It is open May 15th to Oct. 1st.

Hot Springs—These are among the most important on the continent. The five chief springs have a flow of about a million gallons a day and range in temperature from 78 to 112 degrees. There are bath houses and swimming pools, at the Cave and Basin Springs erected by the Dominion Government. The Banff Springs Hotel have their own open air pool of warm sulphur water and at the Upper Hot Springs 800 ft. above the hotel is another swimming pool.

The Town—Banff has a winter population of about 3000 and a summer population of 8000. The office of the Superintendent of the Park is situated in the Museum Building on Banff Ave. close to the bridge. The Museum contains a good collection of big game and smaller animals, bird, fish and plant life of the region, Indian relics and handicraft. Along the banks of the river behind the Museum is the Zoo comprising black, brown, grizzly and polar bears, etc. About one and one half miles from town is the Animal Paddock containing the Buffalo herd, Elk, Moose, Mountain Sheep, etc.

Banff has two colorful spectacles each year, the Indian week in July when the Stoney Indians come in from the Morley reserve for their tribal sports; and the Highland Gathering, the end of August, a festival of Scotch music and sports.

Motor Trips—There is a general drive to the Buffalo Park, Tunnel Mountain, Bow Fall, Spray Valley, Zoo, Can and Basin, etc. Another drive is to Lake Minnewanka, 8 miles north of Banff and 14 miles in length. A motor launch runs to the end of the lake, and Minnewanka Chalet is on the lake shore. There are motor trips also to Lake Louise and to Golden.

The Banff-Windermere Road is a magnificent mountain road, 114 miles long, running from Banff over the Vermilion Pass (altitude 5,264 ft.) into Kootenay National Park which extends for five miles on each side of the road. It follows the Vermilion and Kootenay rivers, passes through Sinclair Canyon into the Columbia River valley and beautiful Lake Windermere. Lake Windermere is one of the loveliest lakes in British Columbia. David Thompson, the explorer, in 1807 established a Hudson's Bay post at Kootenai House there and a facsimile of this post has been erected there as a memorial to Thompson.

The Columbia River Highway runs from Golden to Lake Windermere a fine excursion called "The Lariat Trail" leaves Banff twice a week on a three day trip to Radium Hot Springs (1st night), Golden, Kicking Horse Canyon, Emerald Lake (2nd night), Yoho Valley, Lake Louise and return to Banff. This traverses three national parks: Rocky Mountain, Kootenay and Yoho.

Trail Trips—There are 700 miles of good trails in Rocky Mountain Park. With guides and ponies there are trips from Banff to Mystic Lake, to Ghost River, the Spray Lakes, the Kananaskis Lakes.

Mount Assiniboine has been termed the Matterhorn of the Canadian Rockies. It rises to a height of 11,800 ft., the



LAKE LOUISE



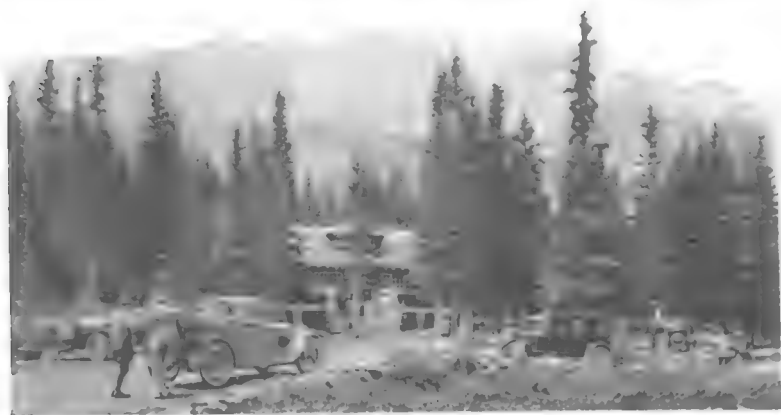
SINCLAIR CANYON ON BANFF WINDERMERE ROAD



MOUNT ASSINIBOINE



WINDERMERE CHALET
YOHO VALLEY CAMP, MT. VICE-PRESIDENT IN BACKGROUND



WAPTA CAMP, MT. BOSWORTH (Left)
MORaine LAKE CAMP

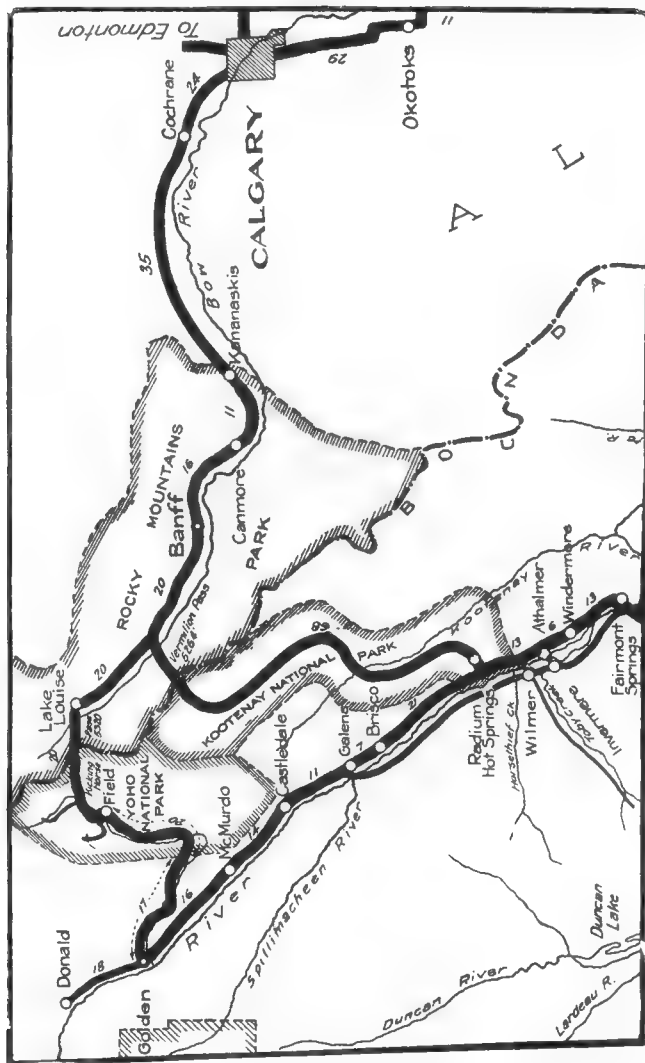


MORaine LAKE



SPIRAL TUNNELS, NEAR FIELD, B.C.

MOUNT STEPHEN (10485 ft.) AND FIELD, B.C.



MAP OF MOTOR HIGHWAYS THROUGH NATIONAL PARKS

loftiest in Rocky Mountain Park. Its pyramidal peak rises in the center of one of the most magnificent mountain regions in the world. It is reached from Banff by a two day horseback ride from Banff by way of Brewster Creek via the Spray Lake.

The Alpine Club of Canada with over 600 members have their headquarters in a fine club house in Banff and hold an annual camp in the Rockies.

PRINCIPAL PEAKS IN BANFF REGION

Mount Assiniboine,	11,860	Bonnet Peak	10,290
Mount Douglas	11,015	Mount McConnell	10,250
Mount Ball	10,825	Wind Mountain	10,100
Mount Aymer	10,365	Sawback Range	10,000
Storm Mountain	10,309		

LAKE LOUISE

Thirty-four miles west of Banff on the C.P.R. is Lake Louise station. The Chateau, the C.P.R. Hotel on Lake Louise is three and a half miles distant, Lake Louise surpasses description, it is probably the most perfect scenic gem in the world. It is a "cirque" lake, a deep steep walled recess caused by glacial erosion. It is about one and a half miles long and half a mile wide with an amphitheatre of peaks rising around it. Its surface is as calm as glass and its great beauty lies in its coloring, sweeping through green, blue, amethyst and violet undershot with gold and constantly changing.

Chateau Lake Louise—This magnificent hotel accommodating 700 guests stands in an alpine garden where poppies, violets, columbines and anemones slope in successive terraces to the lake's rim. Sitting on the hotel verandah one may view the circle of peaks that encircle the lake. They are from left to right: Saddleback (7,783 ft.), Fairview (9,001 ft.), Lefroy (11,220 ft.), Victoria (11,355 ft.), Collier, Pope's Peak (10,360 ft.), Whyte (9,776 ft.), The Devil's Thumb (8,066 ft.), The Needles, Big Beehive (7,440 ft.), Niblock (9,754 ft.), St. Piran (8,681 ft.), and Little

TAKAKKAW FALLS,
YOHO PARK





EMERALD LAKE AND MOUNT BURGESS FROM CHALET VERANDA

Beehive (7,110 ft.). At the far end of the lake are the glaciers that drop down in dazzling whiteness from Mounts Victoria and Lefroy.

Moraine Lake—Nine miles from Lake Louise by a good motor road is Moraine Lake, a beautiful blue green in color lying in the wonderful Valley of the Ten Peaks. Not one of these is under 10,000 ft. in height, the highest Mount Deltaform being 11,225 ft. high. They are named after the ten numerals of the Stoney language. The Tower of Babel (7,580 ft.) is an interesting rock formation which stands as a sort of outpost to the Ten Peaks. At the foot of the lake is Moraine Bungalow camp.

Paradise Valley is about six miles long and lies between Lake Louise and Moraine Lake, paralleling the Valley of the Ten Peaks. It is a mountain garden, the green slopes dotted with brightly hued alpine flowers. At the head of the valley is the great Horseshoe Glacier. Paradise Creek cascades down an enormous rock stairway called The Giant's Steps.

Lakes in the Clouds—A trail leads from the Chateau, Lake Louise to the Lakes in the Clouds, Mirror Lake (6,650 ft.), and Lake Agnes (6,875 ft.). They are above the snow line and are cirque lakes. Lake Agnes seldom thaws until mid-July. A cataract falls from Lake Agnes to Mirror Lake and a tea house stands on top of the cliff.

The Plain of the Six Glaciers may be reached from the Lake Agnes Tea House. Victoria Glacier and several smaller glaciers descend into this plain. A spacious tea-house has been erected here.

Abbot Pass to Lake O'Hara—From Victoria Glacier there is a fine climb over Abbot Pass between Mount Victoria and Mount Lefroy to Lake O'Hara. Victoria Glacier is three miles long and half a mile wide. There is an alpine hut at the summit of the Pass (9,500 ft.). The following day the descent is made to Lake O'Hara which lies in an open alpine meadow. Its waters are of an intense blue, and white and pink heather carpets the banks.

PRINCIPAL PEAKS AROUND LAKE LOUISE

Mount Temple	11,626	Neptuak	10,607
Mount Victoria	11,355	Mount Quadra	10,410
Mount Deltaform	11,225	Wenkchemna	10,401
Mount Lefroy	11,220	Pope's Peak	10,360
Mount Hector	11,125	Mount Aberdeen	10,340
Mount Tuzo	10,648	Ten Peaks Nob	10,320
Mount Fay	10,612	Mount Little	10,293

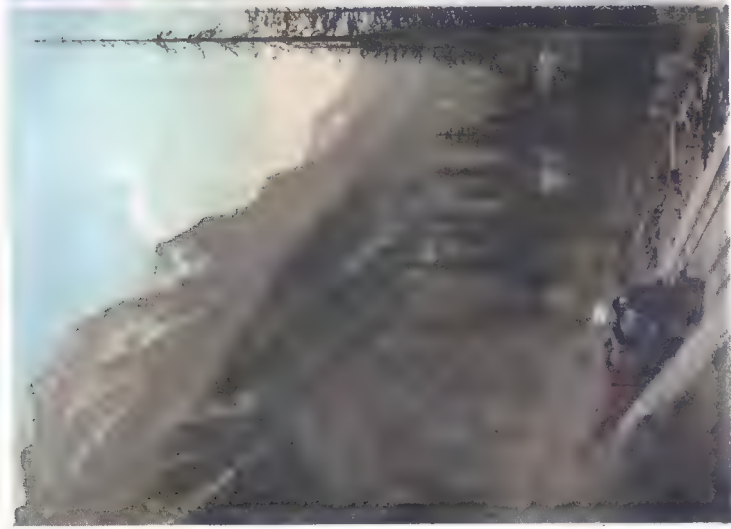
YOHO PARK AND YOHO VALLEY

Yoho National Park of 476 square miles adjoins Rocky Mountain Park to the west along the crest of the Great Divide. Yoho Valley is reached from the C.P.R. station at Field. The ride from Lake Louise to Field of 20 miles is a thrilling one. Six miles west of Lake Louise station the railroad crosses the Great Divide the summit of the Rockies and the boundary between Alberta and British Columbia, and descends the Kicking Horse Pass with cliffs rising high above and dropping sheer below.

Yoho Valley is reached by the motorist from the main Lake Louise—Emerald Lake Road. The distance from Field is 22 miles. The road follows the Kicking Horse River and then up the valley of the Yoho River. It then winds up the cliffs to higher levels ending a short distance past the Takkakaw Falls. In a mountain meadow facing the Falls is the Yoho Valley bungalow camp accommodating 64 people.

Takkakaw Falls is ten times as high as Niagara and comes from the snow fields between Mount Niles and Mount Balfour, 2500 feet above. The torrent drops from the edge of the precipice in three leaps totaling over 1600 feet. The middle leap is one of 1000 feet in a ribbon of foam. The last drop is a cascade of 500 feet.

Emerald Lake is seven miles from Field. On the way the Natural Bridge is passed in the Kicking Horse River, great boulders in the river bed over which a platform has been built. Emerald Lake is a superb green in color with tall pines growing to the water's edge. Mount Burgess



CONNAUGHT TUNNEL AT EAST PORTAL



ILLECILLIWAET GLACIER, GLACIER, B.C.

ILLECILLIWAET GLACIER



(8,463 ft.) looms at the eastern end of the lake. On the west is Emerald Peak (8,332 ft.) and behind it are Carnarvon (9,964 ft.), Marpole (9,822 ft.), and the President (10,287 ft.).

Emerald Lake Chalet on the southern shore is built of great square timbers like a fur post of a century ago. It has deep over hanging balconies like Swiss Chalets.

Upper Yoho Valley—The Yoho Valley lies between the Waputik range and the President range and runs in from the Kicking Horse Valley for 14 miles to the Yoho and Wapta Glaciers at its head. The Upper Valley includes that part from Takkakaw Falls to the Glacier. A splendid trail traverses the Upper Valley following the Yoho River past Lake Du Chesnay, Point Lace Falls, Angel's Stairs, and Laughing Falls to the Twin Falls, (the latter are divided by a high rock on the edge of the precipice and fall 500 feet to the rock floor below sending up vast columns of spray) the Yoho Glacier and the great Waputik icefield with 30 square miles of perpetual snow.

Burgess Pass is a wonder trail leading from Field to Yoho Lake. Above is a panorama of giant peaks, below a sheer abyss. It is one of the finest of the easily accessible pony trails in the mountains. In the Pass are the well known Burgess Pass Fossil Quarry discovered by Dr. Walcott in 1910. These fossil beds are estimated to be from 150 to 2000 feet in thickness and have yielded to science the finest and largest series of Middle Cambrian fossils yet unearthed.

HIGH PEAKS IN YOHO PARK

Mount Goodsir,		Chancellor Peak	10,731
south town	11,376	Mount Stephen	10,485
Mount Goodsir,		Cathedral Mountain	10,454
north town	11,555	Mount Habel	10,361
Mount Hungabee	11,447	Pope's Peak	10,360
Mount Huber	11,041	Mount Gordon	10,336
Mount Biddle	10,876	Mount Collie	10,332
Mount Vaux	10,881	Mount Daly	10,315
Mount Balfour	10,731		

GLACIER NATIONAL PARK

The Canadian Pacific Railway proceeding west from Field follows the narrow canyon of the Kicking Horse. The canyon deepens and the mountain sides become vertical, the towering cliffs almost shutting out the sun. The road descends to the valley of the Columbia River at Golden and then climbs the Selkirk range to Glacier, climbing nearly a quarter of a mile in a distance of 22 miles. Just beyond Rogers' Glacier Park is entered and the train enters Connaught Tunnel five miles in length, piercing Mount MacDonald, saving $4\frac{1}{2}$ miles but eliminating the highly scenic spirals of Rogers' Pass through which the line formerly went. When built in 1916 it was the longest tunnel in America.

Glacier Park covers 468 square miles and is characterized by massive peaks and giant glaciers. From Glacier House, the C.P.R. Hotel at Glacier, there is a magnificent panorama. To the right is the vast field of the gleaming white Illecillewaet Glacier. On the left of the Glacier is Mount Sir Donald, a naked pyramid rising a mile and a half above the railroad. Next comes Rogers Pass and the snowy Hermit Range with Swiss Peak (10,515 ft.), Rogers Peak (10,536 ft.), Mount Sifton and Mount Grizzly (9,061 ft.).

The Illecillewaet Glacier is reached in an hour and a half by an easy walk or ride along an excellent trail. The glacier falls from snow fields containing an area of 10 square miles and there is a drop from the crest of the snow field to the base of the glacier of 3600 feet. It is scarred by immense crevasses of great depth. Across the valley below the glacier are a large number of terminal moraines, great blocks of rock weighing hundreds of tons that were deposited by the glacier hundreds and thousands of years ago. The glacier is retreating. During a period of years it was found to have retreated 56 feet per year. Like rivers, glaciers flow fastest in the middle.



HELLS GATE, FRASER CANYON



ATHABASKA VALLEY, JASPER NATIONAL PARK
RAMPARTS AMETHYST LAKE

Mount Sir Donald was named after Lord Strathcona. It can be reached by an extension trail from the Glacier trail and affords a very fine piece of climbing.

There is a very interesting trail from the rear of the hotel to the overlook on Mount Abbot. On the way is Marion Lake. From the outlook a splendid panorama of Rogers Pass is to be had.

The Asulkan Valley is tributary to the Illecillewaet Valley and was created by a rushing glacier torrent. On either hand are towering precipices from which spectacular water falls leap, over hanging snow crests which frequently send avalanches roaring down the mountain side. At the head of the valley is the forefoot of the Asulkan Glacier.

Nakima Caves—These curious caves, discovered by C. H. Deutschman in 1904, are on the lower slopes of Mount Cheops in the beautiful Cougar Valley. This valley is three miles long with snow clad peaks, rock precipices, shining glaciers and snow fields, and dense forests.

The caves are a series of chambers formed partly by seismic disturbance and partly by water. They are characterized by beautiful marble markings. There are three groups of caves, the Gopher Bridge, Mill Bridge and the Gorge Group. Some of the chambers are called the Witches Ballroom, the Auditorium, the White Grotto, the Judgment Hall and the Bridal Chamber.

PRINCIPAL PEAKS IN GLACIER PARK

Hasen Peak	11,113	Augustine Peak	10,762
Mount Wheeler	11,023	Cyprian Peak	10,712
Mount Selwyn	11,013	Mount Kilpatrick	10,624
Mount Dawson	10,982	Mount Fox	10,572
Feuz Peak	10,982	Rogers Peak	10,531
Mount Sir Donald	10,828	Swiss Peak	10,515

JASPER NATIONAL PARK

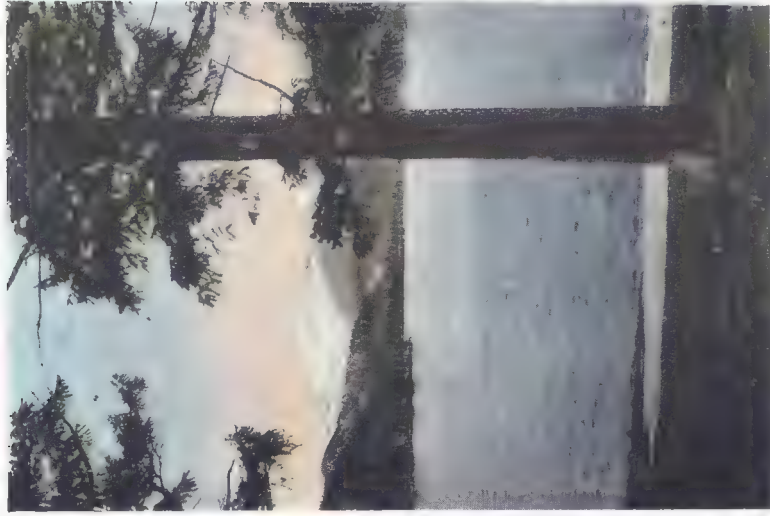
This is the largest national park in the world, exceeding 5000 square miles in area. It is in Alberta on the line of the Canadian National Railways. The headquarters of the park is in the town of Jasper which is also a railway division headquarters. Three miles from the station is Jasper Park Lodge, a magnificent C.N.R. Hotel accommodating 500 people.

Behind the hotel rises the Colin Range (8500 ft.). To the right Pyramid Mountain (9,076 ft.) guards the Athabaska Valley. Next comes the Whistlers (8000 ft.) and Mount Edith Cavell (11,033 ft.). To the left is Mt. Kerkeslin (9,790 ft.), snow-capped and terraced, Tekarra (8,703 ft.) and Signal (7,397 ft.).

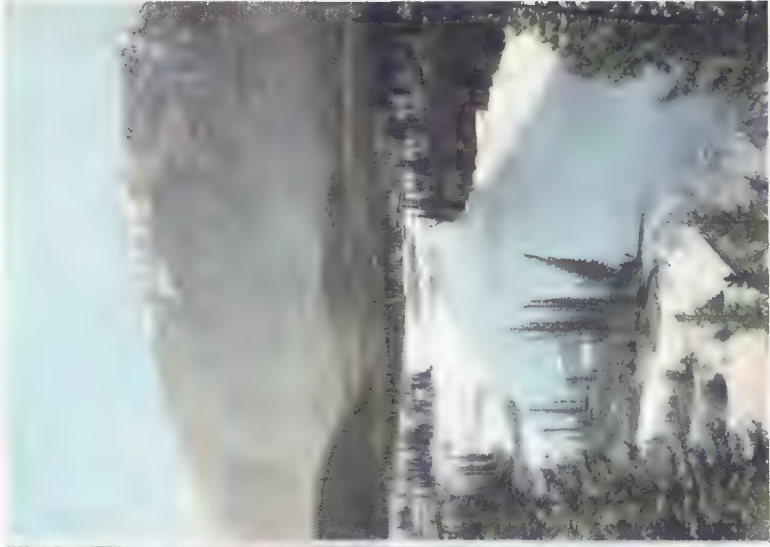
Motor roads lead from the hotel to the foot of the Glacier of the Angels; to Patricia and Pyramid Lakes at the foot of Pyramid Mountain, up the Maligne Canyon, along the basin of Colin Range to Medicine Lake, along the banks of the swirling Athabasca to Pochontas. The road to Medicine Lake will be extended to Maligne Lake, the largest glacial-fed lake in the Rockies and one of the most wonderful spots in the world.

Maligne Canyon. This is reached by a good motor road 6 miles long that leaves Lac Beauvert and skirts Trefoil, Annette and Edith Lakes and climbs to the canyon at the crossing of the Maligne River. The canyon is about a mile long and about 180 ft. deep and at the top the width is sometimes only a few feet. The river enters the canyon in a seventy-five foot cataract and the water has worn the floor of the canyon into pot holes. Footbridges cross the crest of the canyon.

Mount Edith Cavell is reached by an eighteen mile motor trip and return. The route is along the flats west of the Athabaska River to Lake Cavell at the base of the mountain where there is a rest camp. This is the most impressive



WHISTLERS MOUNTAIN AT JASPER NATIONAL
PARK



MT. EDITH CAVELL FROM JASPER NATIONAL
PARK LODGE



MT. ROBSON, B.C., (Alt. 12,972 ft.) AND TUMBLING GLACIER

mountain in Jasper Park with a massive crown and a perpetual crest of snow. To the breast of the mountain there clings a hanging glacier looking like the outspread wings of an angel and so called The Glacier of the Angels. The mountain was named in honor of the heroic British nurse by the Geographic Board of Canada in 1915.

Pyramid and Patricia Lakes—These are reached by a seven mile drive to Jasper Village, Cottonwood Creek, Patricia Lake and Pyramid Lake.

Pyramid Mountain is north west of Pyramid Lake and is an easy climb.

Pocahontas Drive follows the completed section of the new Interprovincial Highway. At the end of the drive Punch Bowl Falls and Valley may be seen.

Signal Mountain may be reached by an eight mile saddle trip and return. The mountain is 8200 ft. high and from its top is a wonderful view of the Athabaska Valley and the Yellowhead Pass.

The Whistlers—This is a nine mile saddle trip and return. These twin peaks lie to the south west of Jasper.

Medicine and Maligne Lakes are reached over the Maligne Trail, seventeen miles to Medicine Lake ten miles more to Maligne Lake. The trail follows the Maligne River along the base of the Colin Range to Medicine Lake which is four and a half miles long and a mile wide. There is a Lodge on Medicine Lake and a Chalet on Maligne Lake. The latter is the largest glacial fed lake in the Canadian Rockies seventeen miles long and from 200 yards to two miles in width. From the Chalet may be seen the peaks of the Maligne group, Samson (10,000 ft.), Charlton, Unwin, Warren, Mary Vaux, Maligne and Mount Brazeau, the latter 12,250 feet high and the highest in Jasper Park. The mountains rise abruptly from the Lake and are heavily clad with snow and ice. The return to Jasper may be made over the Shovel Pass.

Tonquin Valley and Amethyst Lakes—This is reached by the new Portal Creek trail. The lovely Amethyst Lake has an altitude of 6,450 feet and is three miles long and one mile wide. The lakes are divided into two by a rocky peninsula. Tonquin Valley is one of the beauty spots of the Park and the Rampart Range is an interesting feature of the valley with countless towers, turrets and pinnacles.

Athabaska Falls are situated in the Athabaska Valley at the foot of Mt. Kerkeslin and are reached by a pony trip of 41 miles return. The fall is into a canyon 80 ft. deep, half a mile long and very narrow at the crest. In this neighbourhood are mountain goat, black and cinnamon and grizzly bear.

Columbia Ice Field. An 8 day saddle and camping trip is up the valley of the Athabaska River past Mt. Kerkeslin, Whirlpool, Fryatt, and Christie to the Columbia Ice Field. This comprises 150 square miles of ice and is the largest ice field in the Canadian Rockies giving rise to streams that flow into the Arctic, the Pacific and Hudson Bay. In this vast field of ice are Mount Columbia (12,294 ft.), Alberta (11,874 ft.), Snow Dome (11,340 ft.), Wooley (11,170 ft.), Diadem (11,060 ft.) and Stutfield (11,320 ft.).

MOUNT ROBSON PARK

This park is a provincial park of British Columbia and has an area of 640 square miles. Through its center runs the Rainbow Range and the Fraser River has its headwaters in the Park.

Mount Robson (13,068 ft.) is the highest mountain in the Canadian Rockies. It rises in sheer ascent from the valley floor its great peak looming mammoth like clad in eternal snow and ice, the embodiment of majesty and strength. Few mountains in the world surpass it in massive beauty.

A ten day saddle trip may be made from Jasper Park Lodge to Mt. Robson via Tonquin Valley and Moose Pass to Berg Lake. From Berg Lake may be seen Tumbling Glacier dropping from Mt. Robson and two miles wide.



BANFF SPRINGS HOTEL AND VALLEY OF THE BOW